



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Monthly Schedule subject to change based on program discretion/patient needs.</b></p> <p><b>Happy Birthday</b></p>  <p>05/13 – Sergio Z. 05/18 – Genoveva R.</p> <p><b>05/17 – Monthly Birthday Celebration</b></p> <p><b>Special Events</b></p> <p>05/01 – May Day Mother Goose Day 05/04 – Bird Day 05/05 – Holiday Celebrations 05/09 – Home Front Heroes Day 05/12 – International Nurses Day 05/15 – Mother's Day (Observed) (Sun 05/14) Chocolate Chip Day 05/19 – World Bee Day (Observed) (Sat 05/20) 05/22 – Vanilla Pudding Day 05/26 – Memorial Day (Observed) (Mon 05/29) Music Therapy</p> <p><b>Holidays</b></p> <p>05/05 – Cinco De Mayo 05/14 – Mother's Day 05/29 – Memorial Day - CLOSED</p>	<p>1</p> <p>8:00am Tabletop Activities (Mother Goose) (C/S) 9:00am Breakfast (S) 10:00am Starting Day Discussions (May Day) (C/S) 11:00am Mother Goose Nursery Rhymes (C/S) 11:30am Exercise (P) 12:00pm May Day Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Bingo (C/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>2</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time or Craft Time (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>3</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time or Craft Time (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>4</p> <p>8:00am Tabletop Activities (Bird Color Contest) (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (Bird Day) (C/S) 11:30am Exercise (P) 12:00pm Bird Day Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Bird Coloring Show and Results (C/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>5</p> <p>8:00am Tabletop Activities (Cinco de Mayo) (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Discussions (Cinco de Mayo) (C/S) 11:30am Exercise (P) 12:00pm Cinco de Mayo Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Cinco de Mayo Celebration/Dancing (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>
	<p>8</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time or Craft Time (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>9</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Discussions (HomeFront Hero) (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time or Craft Time (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>10</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time or Craft Time (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>11</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time or Craft Time (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>12</p> <p>8:00am Tabletop Activities (Nurses) (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Discussions (Nurses Day) (C/S) 11:30am Exercise (P) 12:00pm Nurse Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Paper Nurses Cap Craft and Pictures (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>
	<p>15</p> <p>8:00am Tabletop Activities (Mother's Day) (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Discussions (Mother's Day and Chocolate Chip Day) (C/S) 11:30am Exercise (P) 12:00pm Chocolate Chip Trivia (C/S) 12:30pm Lunch w/ Chocolate Chip Cookie Dessert (S) 1:30pm Tabletop Activities (C/S) 2:00pm Mother's Day Jar Lantern Craft (C/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>16</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time or Craft Time (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>17</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Monthly Birthday Celebration (C/S) 2:00pm Tabletop Activities (C/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>18</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time or Craft Time (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>19</p> <p>8:00am Tabletop Activities (Bees) (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Discussions (World Bee Day) (C/S) 11:30am Exercise (P) 12:00pm Bee Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time or Craft Time (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>
	<p>22</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Discussions (Vanilla Pudding) (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch w/ Vanilla Pudding Dessert (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time or Craft Time (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>23</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time or Craft Time (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>24</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time or Craft Time (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>25</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time or Craft Time (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>26</p> <p>8:00am Tabletop Activities (Memorial Day) (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Discussions (Memorial Day) (C/S) 11:30am Exercise (P) 12:00pm Memorial Day Trivia (C/S) 12:30pm Lunch (S) 1:15pm Music Therapy with Camille (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>
	<p>29</p> 	<p>30</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time or Craft Time (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>31</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time or Craft Time (C/P/S) 2:30pm Afternoon Snack (S) 3:00pm Sing-along or Game Show Funny Clips (C/S) 4:00pm Tabletop Activities (C/S)</p>		



**Specialized Alzheimer's  
Day Care Program St. Lucie**

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Wendy Sinkular, LPN Program Manager  
Erin Lepak, LPN Program Nurse



24 Hour Crisis  
Line

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**Therapeutic Activities**

**Examples of Therapeutic Activities**

**Definitions**

Therapeutic Activities	Examples of Therapeutic Activities	Definitions
Cognitive	Word Games, Math Games, Trivia Games, Reminiscence, Board Games, "Current" Events, Morning Announcements, Tabletop Activities-coloring, bean sorting, puzzles, patient specific individual tasks	Encouraging thinking, reasoning, reminiscing; stimulating retained/long-term memories and integrating those memories into activities; acknowledging and accepting the patient's perception of his/her "world" in a supportive, engaging, nonjudgmental environment; encouraging and rewarding creativity
Physical	Chair Exercise, Dancing, Arts and Crafts, Noodle Ball/Volleyball, Dancing, Magnetic Darts, Bean Bag Toss, Bowling	Exercising both gross motor and fine motor skills; facilitating movement and maximizing physical independence while optimizing safety
Social	Building a Story, Trivia "Competition", Music Therapy, Sing-along, Group craft building, Group discussion, Group Games	Honoring the human condition and need for relationships and social contact; encouraging social interaction and connection with peers based on shared interests and abilities; acknowledging the patient's successes, maximizing dignity and self-esteem
Spiritual	Non-judgmental safe environment <b>at all times.</b> Music-patient's choice, Recognizing unique culture and faiths in discussions and in song, positive reinforcement of all endeavors	Promoting balance between the patient's inner and outer worlds; honoring the family's heritage and culture, providing an atmosphere of calm, harmony, and safety where the patient can be him/herself with pride; respecting each person's unique belief system
Emotional	Positive Communication <b>at all times:</b> Validation, Therapeutic Touch, Praise/Encouragement, Positive Behavioral Interventions	Understanding and compassionately caring for the patient's emotional needs by providing a nurturing environment; communicating with the patient in a supportive, validating manner, with understanding of, and empathy for, limitations imposed by Alzheimer's disease or a related neurocognitive disorder; communicating positively both verbally and nonverbally guided by the patient's abilities